



Name of Project: **Living Well in Wisconsin**

Name of Organization: **Wisconsin Bureau of Aging & Disability Resources, the Division of Public Health & the United Community Center Latino Geriatric Center**

Principles of Choices for Independence: **Providing More Choices for High Risk Individuals / Building Prevention into Community Living**

Description

The Wisconsin Department of Health and Family Services, (through the Bureau of Aging & Disability Resources and the Division of Public Health), a 2006 Evidence-Based Disease Prevention (EBDP) Program grantee, is partnering with the UCC Latino Geriatric Center and Early Childhood Education Center to conduct chronic disease self-management programs (CDSMP) in an effort to help its Hispanic population live healthier lives.

The UCC Latino Geriatric Center and Early Childhood Education Center serves older adults with Alzheimer's disease and dementia as well as pre-school children three years of age. The Latino Geriatric Center, an 11,000-square foot facility, will be the first center of its kind dedicated to serving Hispanic elders with symptoms of dementia or diagnosed Alzheimer's disease. It operates in collaboration with the Medical College of Wisconsin, the University of Wisconsin School of Medicine and Public Health in Madison, and the Alzheimer's Association of Southeastern Wisconsin. This Center is an outstanding example of a totally intergenerational facility, with a charter school, day care, adult day care, senior center, nutrition site and even a Spanish restaurant all in one facility.

The State of Wisconsin Bureau of Aging and Disability Resources and the Center are implementing "Tomando Control de su Salud", the Spanish-language version of the Stanford University CDSMP, a two and a half-hour workshop conducted once a week, for six weeks. The Spanish-language CDSMP is not just a translation of the original CDSMP, but it was developed separately in Spanish. The subjects covered are similar, but they are presented in ways that are culturally appropriate.

The Center recently sent its staff to Texas to be trained as Master Trainers to give them the skills and expertise needed to train other trainers, as well as to begin setting up classes for participants. They anticipate reaching 100 older adults over the three-year grant period. What is equally important is the staff will be available to extend its services to other Hispanic communities (such as those in Dane Co. and the Fox Valley) to train other program leaders in the state.

For additional information about the chronic disease self-management program at the UCC Latino Geriatric Center, please contact: Jill Ballard, Project Coordinator at 608-224-6307 or ballardj@mailbag.com